



2025 RULE BOOK

LONE STAR FOOTBALL ALLIANCE

GUIDELINES - The Lone Star Youth Football Alliance (LSYFA) is a service youth football organization whose purpose is to provide organized scheduling for member leagues and provide common age groups, weight limits, and playing rules. There are no costs, fees or money required to become a member league, only a commitment to play and abide by the common inter-league rules. Each member league maintains its respective autonomy over all internal decisions, fundraising, board of directors, etc. that may pertain to that individual league. The LSYFA co-ordinates schedules, inter-league rules and tournaments, pending member approval. Each member league involved with the LSYFA receives one vote to cast on all motions, proposals, etc. LSYFA rules supersede and replace all local park rules that may have been in effect.

(2012): LSYFA will only support 1 youth league in membership from the same given community.

RULES - The LONE STAR YOUTH FOOTBALL ALLIANCE will follow the rules of the University Interscholastic League (U.I.L.), and the National Collegiate Athletic Association (N.C.A.A.) with the following additions, exceptions and clarifications.

ALL LEAGUES:

- **All leagues must have an AED and Cool Down Area. (2025)**
- **Each league is required to have security. (2025)**

A. Activities (2014): Rule applies on LSYFA Opening Day each year.

1. All divisions may participate in a maximum of four (4) activities per week. An activity is defined as three players or more and a coach meeting as a group and engaging in football-related activities (i.e., practice, viewing film). All other activities not involving football practice are permitted (i.e., team parties, team dinner, banquets, etc..) and are not counted as a football activity.
2. There will be no scheduled activities for Sundays with the exception of games scheduled during post regular season tournament play. Make-up games may occur pending both leagues and team approval.

B. Age Groups (2016): All age groups are determined by using July 31st as the Accepted cutoff date. (Child's age as of July 31 determines which division they play in). All divisions are age eligible. Senior exception is as follows:

D1 teams are defined as having 5 or more 12yr olds on the team,

D2 teams are defined as having 4 or less 12 yrs. olds on the team.

1. Freshman - 4-, 5-, & 6-year-olds. Registering 4yr old's discretion of league.
2. Sophomore - 7- & 8-year-olds.
3. Junior - 9- & 10-year-olds.
4. Senior - 11- & 12-year-olds.
 - Leagues may opt to have players play up (i.e., 6year old's playing with 7- & 8-year-olds).
 - Players may not under any circumstance play down or play in two different age divisions.

C. Weight Limits & Weigh Ins (2019): All players handling the football or lined up in the offensive backfields must conform to the established weight guidelines. Such weights are determined by using the scales located at each park or by mutual agreement by the Teams Representatives. If a dispute arises another set of weights may be introduced, and an average will be used as the legal weight. **ONLY ONE TIME PERIOD WILL BE PROVIDED FOR PLAYERS TO WEIGH IN, IN WHICH ALL PLAYERS WILL WEAR THEIR JERSEY.** Players not making weight will be allowed to move inside to strip down to underwear or Jockey strap if worn to be reweighed.

Both Teams will line up to be weighed at least 30 minutes prior to the start of the scheduled game time. Each Team's acting Representative will provide a list at this time of any players that are not present for weigh in, these players are INELIGIBLE for the Backfield or Tight End. In the event that the Hosting League is running behind schedule, the Hosting League can change the Weigh In Time to correspond with the Projected new game time and will be responsible for notifying the 2 Head Coaches involved. HOSTING LEAGUES will prepare an LSYFA Weigh in Form for Referee's stating ELIGIBLE QB/RB/SE/WR/TE and give to the Referee's prior to the start of the game by the HOSTING LEAGUE. Both Coaches at weigh in, must sign the completed LSYFA Weigh in Form. Signing of the LSYFA Weigh in Form ends the weigh in.

1. Freshmen – 75lbs to run the ball, 95lbs for TE.
2. Sophomore – 100lbs to run the ball, 120lbs for TE.
3. Junior - 125lbs to run the ball, 145lbs for TE.
4. Senior – 150lbs to run the ball, 170lbs for TE.

All Age Groups cannot weigh 1lb over Age Group weight limits as follows and applies to Digital or Mechanical Scales:

IE: FR=75lbs, therefore 75.9 is OK. TE=95, therefore 95.9 is OK.

SO=100lbs, therefore 100.9 is OK. TE=120, therefore 120.9 is OK.

JR=125lbs, therefore 125.9 is OK. TE=145, therefore 145.9 is OK.

SR=150lbs, therefore 150.9 is OK. TE=170, therefore 170.9 is OK.

NOTE: Digital scales will provide a tenth reading while Mechanical scales will be set at Age Group weight and the tab cannot hit the top.

TIGHT END RULE (2000) - Tight Ends may weigh no more than 20lbs of the established Running Back Weight Limits in each age group.

TIGHT END CLARIFICATION (2019)

#1 Tight Ends are defined as in tight on the line with respect to the SAME spread of the offensive line. Split Ends & Wide receivers must meet Running Back (RB) weights.

Additionally, Freshman Division: Tackles are eligible for forward passes and must meet Tight End weight. In the event a Coach wants to play a player in the Tackle position, and he does not make Tight End weight, the Coach must cover him up with a Tight End that does make weight or weigh him in as a Tight End.

#2 It is the Head Coaches responsibility to weigh in Tackles/Tight ends correctly and pay attention to his/her Offensive set with regards to Tackles/Tight Ends in All age divisions.

KICKOFF RECIEVEING TEAM (2007) No weight limits on Front line, any players lined up behind front line must meet RB weights for each appropriate age division.

D. Length of Games:

1. Freshmen Division: Four, 7-minute quarters. As of 2024
2. Sophomore Division: Four, 8-minute quarters.
3. Junior Division: Four, 9-minute quarters.
4. Senior Division: Four, 10-minute quarters.

E. Regular Games:

1. A regulation game is the completion of play of a game in its entirety.
2. Games halted for inclement weather may be rescheduled by the LSYFA., to be played during the following week. Resumed games will be started where play was suspended. The scheduled Director(s) on Duty at each park will be responsible for weather decisions and game time changes. Game times may be changed in the event of inclement weather or other unforeseen circumstances and are subject to same day or alternate day postponement.
(i.e.: A thunderstorm forces the postponement of the early game. The storm passes and the early game is moved to the last game of the day and all other game times remain the same.)
3. There will be overtime during regular season, playoff, and tournament games. If at the end of regulation play a tie exists both teams will return to their sidelines and the Team Captains responsible for calling the coin toss will meet with the referees. The visiting team has the right to call the first coin flip. The winner of the coin flip may choose to accept (be on offense) or refuse the ball (be on defense). The loser of the coin toss will decide which end zone overtime will be played in. Each team will receive the ball on the **25-yard** line and run 4 plays. A first down can be made in this scenario. If a tie still exists after both teams have attempted to break the deadlock once from the **25-yard** line, the ball will be placed at the **10-yard** line of the same end zone. At this point the loser of the first coin toss will call whether offense or defense. There will be no flip-flop of end zones unless field conditions dictate a need for change. Each team will again receive the ball for four plays. A turnover by mishap (fumble, foiled kick attempt, interception, etc..) or loss of possession (loss on downs, penalty, etc..) concludes a team's possession of the ball in all situations. If a tie again exists, the game will remain a tie with the exception of playoff and post season tournament games. Playoff and Postseason Tournament games will be played until a winner is declared. The ball will be moved to the **5-yard** line on the third tiebreaker and remain there until a winner is determined. Each team receives one time out per tiebreaker attempt.

F. Minimum Playing Time (2016):

1. Every player must play a **minimum of 7 plays per half**, either on offense or defense. **EXCEPTION - NO MINIMUM PLAY TIME REQUIRED DURING ALL-STAR TOURNAMENT PLAY.**

2. Failure to comply will result in game forfeit. Good Video is critical criteria of proof. Definition of Good Video is as follows: The video must start at the beginning of the game showing the scoreboard, then back to the field showing the sideline of the opponent being filmed. The video must show the field and sideline of opponent being filmed, also showing the scoreboard of each Quarter change. The video cannot stop for any reason until half-time. The video must start again following half-time and run non-stop until the end of the game. This video must be filmed during LSYFA Sanctioned games. Videos made of opponent on different games cannot be used, must be the LSYFA sanctioned game only. Additionally, you must provide the players numbers that are suspected of not meeting LSYFA Minimum playing time.

G. Uniforms & Equipment (2012):

1. Only league furnished uniforms are allowed during games. Each league is responsible for Helmet Decal, Game Jersey, Game Pants, and Game Socks to all its' coaches on week prior to the opening game.
2. All league players must wear mouthpieces at all contact practices and games.
3. All players must wear a properly fitting helmet with face mask meeting Noc-Sae safety standards. Shoulders pads, hip, knee, thigh, and tailbone pads are required for all contact practices and games. Metal cleats are not allowed.
4. Approved Game Balls as follows (2012): Leather or Composite.
FR - Wilson K-2, Macgregor MXP/MCP,
Armour Composite 395 Peewee.
SO - Wilson K-2, Macgregor MXP/MCP,
Armour Composite 395 Peewee.
JR - Wilson TDJ, Macgregor MXJ/MCJ,
Armour Composite 395 Junior.
SR - Wilson TDY, Macgregor MXY/MCY,
Armour Composite 395 Youth.

* At Alliance games each team is responsible for their own balls.

5. Hosting League will be required to provide Scrimmage Vests for teams with similar color Jerseys. Visitors will wear the Scrimmage Vests.

The Hosting League will make sure scrimmage vests are cleaned after previous use.

H. Coach, Player, and Parent Behavior (2010):

1. No alcoholic beverages or drugs allowed on the premises.
2. No pets allowed.
3. No tobacco products on the field or sidelines. No smoking!
4. No profanity during games or practices.
5. No physical or verbal abuse of players, opposing coaches, parents, or officials allowed. This includes grabbing of face masks and slapping players.

6. ALL Code of Conduct Forms MUST be signed by (2022)

* Board Members, Coaches, Parents, and Players

6. COACHES ARE RESPONSIBLE FOR THE ACTIONS OF THE ENTIRE TEAM.

7. Any abuse of these rules can result in immediate expulsion, forfeiture, and possible permanent exclusion from the park facility.
8. Any violations are to be reported to the respective division Commissioners in writing. Flagrant violations will be reviewed by the League Board

I. Coach Responsibilities (2018):

1. Coaches will make every attempt to teach fundamental blocking, tackling, and basic offensive plays.
2. All coaches must instruct their players to initiate contact while their heads are up. The league will not tolerate any deliberate initial contact by the top of the helmet in a practice or game.
3. Coaches will not allow any physical mismatches, and LSYFA disallows any inter-division scrimmaging including post-season.
4. Coaches are responsible for player hydration.
5. LSYFA Number of coaches on the sideline (2017): A maximum of 5 coaches inclusive of the trainer, Water Boy, team Mom, etc. (5 Adults/Kids on the sideline). Please note that the 5th Coach cannot be added to the Coaching Staff until after the league's Draft. This will apply for Regular season.

All-Star tournaments, LSYFA will allow a MAX of 6 Coaches inclusive of the trainer, Water Boy, team Mom, etc. (6 Adults/Kids on the sideline). This will increase Coaches, Trainer, Water Boy, or Team Mom to 6 MAX Total getting in Free at Tournaments.

6. All coaches are required to attend the pre-season coaching and first aid clinic.
7. Any violation of any league rule could result in a minimum 1 game suspension.
8. **Home Team shall provide the announcer and scorekeeper.
Visiting Team shall provide the chain crew.**
9. **As of 6/15/2024**
*****Any coach that has coached in a league prior and moves to a brother or sister league cannot coach in the new league without the prior league agreeing to them doing so.**

J. Field Dimensions and Restrictions:

1. **(2007)** Freshmen Divisions will play on a 30x60 yard field.

Leagues opting to play on a 40x80 or 50x100 must choke the field to a 30x60 dimension by keeping the Home side sideline and moving the visitors sideline in to the 30-yard dimension and shorting the goal line equally from both ends to 60-yard dimension. Utilizing a solid sideline marker via fire hose (**Staked Down**) or solid (**Painted**) sideline markers.

2. Sophomore, Junior, and Senior league games will be played on a 50x100 yard field.
Exceptions: All inter-league or tournament games will be played on the field (whatever the dimensions 40x80 yds or 50x100 yds) assigned by the host team for Sophomore, Junior & Senior.
3. One person from each playing team is allowed in the Press Box for the purpose of filming the game. Opposing team coaches or parents are prohibited from the Press Box during the game. The use of headsets, walkie-talkies, or other communication equipment is prohibited.
- 4.
4. The Home or host team will provide the announcer and scorekeeper; Visitors are to provide the chain crew. This rule is true for inter-league games as well.

K. Minimum/Maximum Players per Team Rule (2022):

1. Freshmen Division – Min (12) – Max (16), subject to review on both Min & Max.
2. Sophomore Division – Min (16) – Max (25), If you hit 26, you must split into two teams. (2022)
3. Junior Division – Min (16) – Max (25), If you hit 26, you must split into two teams. (2022)
4. Senior Divisions – Min (16) – Max (25), If you hit 26, you must split into two teams. (2022)

L. Visible Game Clock from both sidelines is Mandatory (2002):

M. Certified & Uniformed Referee's is Mandatory (2015):

1. Referee's must be Tasso Football Certified (2015)
2. Referee cannot be a board member or a coach of the League and cannot referee games involving relatives. (2003)
3. Referee's that Referee in 1 league and Head coach or assist coach in another league. Referee's must Declare to be a Referee or a Coach (includes Head or assistant) within LSYFA. Refereeing outside of LSYFA does not apply.
4. Freshman regular season games require 2 Referee's.

Sophomore, Junior, Senior regular season games require 3 Referee's.

N. All Leagues are to draft teams by either of the 2 approved methods, Total Draft or Total Draft 2.

O. Regulate & Age Balance Teams in all Divisions is

Mandatory (2003): This is required for both Total Draft & Total Draft 2 systems. Age allocation by division will be determined each year by dividing the number of qualifying applicants of a particular age by the number of teams in a particular division. Example: 48 qualifying 10 yr. old's within the Junior Division divided by 5 Junior Teams, equates to ten 10 yr. old's per team. Numbers will be rounded up, not down. The number includes returning players.

P. Required Facebook Social Media Verbiage (2019):

All Leagues must have and maintain a Facebook page listing the following verbiage.

"Everybody makes a team, Everybody plays"

"Member of the Lone Star Youth Football Alliance"

Q. Forfeits (2010):

1. **Forfeits during Tournament play (2003):** If a team forfeits for any reason, then that team is disqualified from the Tournament and is not eligible for a participation medal.

2. **Forfeits during Regular Season play (2010):**

If a team Forfeits for any reason.

No Courtesy Game or Scrimmage game will be allowed.

3. **Forfeits during Regular Season and Tournament (2022)**

Will be fine \$250 pre-game UNLESS approved by Chad Jones

R. Hosting Leagues, Referee Responsibility (2004): When a league Host's a game for other leagues, then both visiting leagues playing will pay ½ the referee cost to the Hosting League for the hosted game played. (Note: this is sometimes done to cut travel time for the visiting leagues).

S. General Issue's:

1. **Full Commitment of members to participate when games are scheduled. (2013):**

A) Full commitment of members to play LSYFA games as scheduled and complete the game. Failure of a team to show up, play the game and complete the game will be assessed a fine of \$250.00 payable to the Hosting League. The only EXCEPTION for not completing a game is if the Referee's call the game for Safety issues or uncontrollable situations that may arise.

NO OTHER EXCEPTIONS. Leagues will be responsible to pay the fine and recoup the fines from their specific team.

B) Tournament Commitment: If a paid Team in a Tournament Fails to complete the tournament, their League will be Fined the Same Entry Fee. Leagues will be responsible to collect the additional Fines from their specific team.

2. **LSYFA BYE Weekend (2019):** LSYFA BYE weekend will help Players, Parents, Leagues, and Board members take a break midseason. For the 2019 season, October 12, 2019, will be the BYE weekend.
3. **All Star Tournament Hosting Rule (2005):** If you host an All-Star Tournament, then you must participate in both All Star Tournaments.
4. **All-Star Participation Rule (2025)**
Any league with one team that has a dominant record must:
Play in All-Stars (must win 75% of games and/or Win the Championship Game).
If the team does not participate, a \$250 fee will be charged, and no home games will be given the following season.
5. **Protest Complaint filing (2006):**
The Team Protesting must notify the Referee Official and the Hosting League immediately following a game that a Protest is

Pending. The Team protesting has 48 hours to file a written protest, required video and a Protest Fee of \$50.00 (Money Order, payable to LSYFA). LSYFA then has 48 hours to call the appropriate Committee together to review and render a decision.

All Parties agree to accept the Decision made by LSYFA committee.

6. NO TAILGATING (2007):

There will be no Tailgating allowed while on Hosting Leagues Facility, this includes the PARKING LOT. No Tailgating will include the Regular Season, Tournament Of Champions and All-Star Tournaments.

7. Gate Entry Fees for All Star Tournaments (2017):

Adults = \$5.00 Saturday, \$5.00 Sunday.

Children (age 4-12) = \$3.00 Saturday, \$3.00 Sunday.

Children (age 3 and under) = N/C Saturday & Sunday.

2-Day pass Adults = \$8.00 Saturday & Sunday.

2-Day pass Children (age 4-12) = \$5.00 Saturday & Sunday.

8. No Executive Board Member is allowed to Ref any games (As of 2024)

9. LSYFA Ejection Rule (2019):

#1 In the event that an altercation occurs with a Player, Coach or Parent arises and they are ejected from a LSYFA Sanctioned Game. The Hosting League and Referee Chapter that the altercation occurs in will report the incident to

LSYFA, providing the names of participants ejected and reason for ejection. Pending LSYFA Disciplinary Committee approval, the Player, Coach or Parent will be ineligible to participate in the next game and this information will be forwarded to the teams next scheduled game regardless of Park that the game is scheduled for. This LSYFA Ejection Rule will apply to all Parks regardless of it is an In-House game or an Alliance game.

#2 Leagues that take proactive disciplinary action against Player, Parent or Coaches need to report this action to LSYFA for record purposes.

#3 Additionally All Hosting Leagues and their Referee Chapter will be responsible to turn in All Ejection forms to LSYFA.

- 10. Tournament Ejections (2013):** During Tournaments, if a Player, Coaches or Parents are ejected in the 1st half of game then ejection will be for the remainder of that game ejected. If a Player, Coaches or Parents are ejected in the 2nd half of the game, then ejection will also include the 1st half of the next game.
- 11. Team Nourishment (2012):** Teams will only be allowed to bring in Fruit, Snacks & Drinks (healthy) for player/cheerleader nourishment during the Game and following the end of the Game. No Sandwiches or Meals will be allowed. Each team will be allowed to bring in 2 Chest Coolers only, maximum size 48qt. Additional Round Drinking coolers will be allowed. All Coolers are subject to Inspection.
- 12. All Leagues & Head Coaches Mandatory meeting (2019):**
Have LSYFA set up a single meeting with all Leagues and Head Coaches to cover Rule Changes and Discuss Disrespect Issues.
- 13. Member attendance for LSYFA meetings (2013):**
Member Leagues that miss 3 meetings in a calendar year will go before the members for review and possible Disciplinary action. Meetings must be attended in their entirety.
- 14. Members Leagues Hosting a Tournament (2015):**
Member leagues cannot host a Tournament of their own on the same weekends that LSYFA has a tournament. Member leagues can host a Tournament of their own on any LSYFA open weekends.
- 15. Member leagues responsible for Coach Badging (2017):**
Each League has the decision to participate in the USA Football Program

Each League will be responsible to issue badges to each Coach that will show a picture of Coach, League Name and to show USA Football Certification with Date Certified and USA Football # if the league is Participating in USA Football. Each league will have its own decision on Badge method. Which can be using a machine that generates a plastic wallet size card with required information or merely taking the USA Football wallet card

provided and adding a picture on the backside and laminating together into 1 card and then hanging on a lanyard around each Coaches neck during games.

PLEASE NOTE: Only Coaches with a Badge will be allowed on the sideline during games.

***** BADGES- ALL BOARD MEMBERS, COACHES, TEAM MOMS, AND TEAM HELPERS MUST HAVE ON A BADGE AT ALL TIME WHILE ON THE FIELD OR WILL BE ASKED TO GO TO THE STANDS. (2022)**

Each team may have up to 5-Coaches, 1-Team Mom, & (2- Team Helpers under the age of 18)

14. Agenda Issues (2015): When issues are put on the Agenda for discussion at an Alliance meeting, the requesting league must be included.

15. LSYFA Calendar (2016)

1. The released LSYFA Calendar will be considered linked & binding to LSYFA Guidelines and Rules that are approved by all members each year.

2. **NO CONTACT Camps** will be allowed after LSYFA Season Opens until Practices begin as stated on LSYFA Calendar.

16. Release of Liability Waiver (2016): All LSYFA Members will use the LSYFA Release of Liability waiver along with Registration form for each year.

17. Affidavits and Birth Certificates (2019): New Verbiage- NO BC' markings, NO Modifications or NO Lining out a player on Rosters as turned in with the exception correcting a Birth date, age or name spelling, especially with respect of tying a players actual Birth Certificate to the name he/she is currently using.

All Leagues will Resume 100% Responsibility that all 100% of Birth Certificates must be included on LSYFA Affidavit/Roster by the Due Date. Additionally, **LSYFA SHALL NOT ACCEPT** the Affidavit/Roster & Birth Certificates for that Team that has names listed on the Roster without a Birth Certificate. That team's Affidavit/Roster will need to be Re-done before LSYFA can accept it. Additionally, copies of Birth Certificates will remain in Head Coaches Books.

18. Onside Kick Off's (2019): All age Divisions, the 28pt rule will apply. The losing Coach has the option to take the ball on his own 40yd line (SO, JR,

SR), 25yd line (FR) or losing coach can accept a Kickoff which could be an onside kick off.

19. TOC Bracketing Rules (2019): See Tournament of Champions Rules in the Draft section of LSYFA 2019 Guidelines and Rules.

- **All Teams must participate in or Pay a \$250 Fee (2025)**

20. LSYFA Age Cutoff Date Change (2019): LSYFA will change our Age Cutoff date from July 31 of current year to Sept 1 of current year. This change will align LSYFA with School cut-off dates and will take effect on January 1, 2020, and will remain LOCKED for a 2 year period covering 2020 and 2021.

21. LSYFA to create an “Disciplinary List” (2017): for Problematic Parents that create havoc within Leagues. Each league to report in any Problematic Parents and reason that occurred within their league. This list will then be shared with All Alliance members as a PDF file, so each league can make an informed decision on

allowing Problematic Parents listed into their league if Parents jump leagues.

22. Creation of Committee is for (2019) as follows:

2025 Disciplinary Board – Chad Jones, LSYFA

**Mike Richie
Tedrick Winfrey
Josh Roskey
Josh Bailey**

Note: Committee chairpersons are subject to change from year to year.

Note: (200X) designates the year that the Guideline or Rule was amended by unanimous or majority vote of the eligible Alliance members and continues forward until amended again.

T. FRESHMEN DIVISION RULES: 8 Man Football

1. Two Offensive Coaches and 1 Defensive Coach (2010) are allowed on the field to call plays and assist in quick alignment of the players. After such assistance the coaches will back away and maintain a 10-yard distance from the line of scrimmage. Once the Offensive Line is set no further instruction is to be given by either coach of either side until the play is whistled dead.

Head Coaches will receive a Warning (before the Game starts) from the Referee for giving assistance to Defensive players after the ball has been snapped, that Penalties will apply as follows:

1st Offense 10-yd Unsportsmanlike Conduct.

2nd Offense 10-yd Unsportsmanlike Conduct & Head Coach Ejection.

3rd Offense Forfeit.

Encouragement or motivational comments are not deemed instructional.

1. Hurry Up Offense (2010):

Additionally, Referee's will allow a reasonable amount of time for the Defense to realign based on how the Offense comes to the line of scrimmage. Reasonable amount of time will be Determined by the Referee's. In the event that a Defensive Coach is not being timely in realignment, then the same penalties will apply as mentioned in #1 above.

2. 4th Down Declared Punts (2014): In the event that a Freshman team is inside of their own 10yd line, then they can declare a 4th Down Declared Punt, which the Referee would then move the ball 20yds and the ball turns over on downs. To be clear if the ball is spotted on the 10yd line exactly a 4th Down Declared Punt would not be allowed, the ball must be spotted on less than 10yd line to be able to declare the 4th Down Declared Punt.

3. Games are to be played with 8 players. Three backs are allowed in the backfield (Quarterback and two running backs) and both ends are eligible provided all parties are under the weight limit to carry the ball.

4. Extra Points: Run - 1 point

Pass - 2 points if caught in the end zone; 1 point if caught and then run into the end zone

Kick - 3 points, All extra point attempts are live contact.

5. 28 point Rule (2009): Any team leading by 28 points must remove 3 Players from their normal Offensive position as chosen by the Opposing Head Coach. The 3 Chosen players (QB/RB/SE/WR/TE) must be removed from the backfield and any Offensive position that they are capable of Catching, Handling or Advancing the ball until the margin is less than 28 points. A team that goes ahead by 28 points may leave their normal

Offense in to attempt the extra point (i.e., You are leading 23 - 0 and score a touchdown to make it 29 -0, the normal Offense may stay in to attempt the extra point. **From this point forward the revised Offense must catch, handle or advance the ball until the margin is less than 28 points.** In the event that a 28-point deficit exists at the start of the 4th Qtr., Automatically run the Clock. Additionally, the Loosing Head Coach can opt to run the clock early, he can do so in any Qtr of the game.

6. The weight limit to advance the ball is 75 pounds. No player weighing over the maximum weight limit may line up in the backfield to either block, kick, or accept the ball. A player over the weight limit may line up as tight end (95lbs max) and be eligible to catch a forward pass thrown past the line of scrimmage (screens, laterals, reverses etc. are not permitted) Players over the weight limit may not line up deep in kickoff or punt formations to accept the ball. Players weighing over the maximum weight limit to handle the ball, and playing in their legal positions, may advance the ball on a fumble, kickoff, punt, blocked punt, or interception that falls into their hands.

THE USE OF AN ILLEGAL OR INELIGIBLE PLAYER IN THE BACKFIELD WILL RESULT IN THE FOLLOWING PENALTIES:

1st Offense – 10-yd Unsportsmanlike conduct

2nd Offense –10-yd Unsportsmanlike conduct & Head Coach Ejection.

3rd Offense - Forfeit

7. Weight Limits & Weigh In – 75 lbs. R/B, S/E, W/R – 95 lbs. Tight End
Refer to page 2/3 Section C: for further details.

Each team must have a Representative present at each team's weigh in.

8. NO NOSEGUARD OR DEFENSIVE PLAYER MAY LINE UP DIRECTLY OVER CENTER (2011): Defensive players may line up in the center/guard gap. Linebackers may not blitz from behind the Box as defined in #10.

Failure to comply will result in the following penalties:

1st offense – 10yd Unsportsmanlike conduct

2nd offense – 10yd Unsportsmanlike conduct & Head Coach Ejection.

3rd offense – Forfeit.

9. Defensive Down Lineman (2011): All defensive linemen must play in either a three- or four-point stance on the defensive front from Tackle to Tackle. Linebackers/Defensive Backs must line up outside of the box...

Box is defined as Tackle to Tackle and Line of Scrimmage to the back foot of the largest Down Lineman. Alignment beyond the Defined box is not affected by this rule. Linebackers may not Blitz from behind the Box (Tackle to Tackle). Linebackers may Blitz from the outside corners, outside of the Box.

Failure to comply will result in the following penalties:

1st offense - 10 yd Unsportsmanlike conduct.

2nd offense - 10 yd Unsportsmanlike conduct and Head Coach Ejection.

3rd offense - Forfeit.

The purpose of this rule is to provide general safety for the defensive lineman, who are prone or vulnerable to having their legs cut from underneath them while standing in an upright position. This rule will apply to all Divisions.

10. Fouls (2012):

All fouls will be assessed 5yds or 10yds.

All 15yd penalties will be assessed 10yds.

All 10yd penalties will be assessed 5yds.

11. Freshman Kick Off's (2018): are to line up on the 25yd & 25yd line of a 60-yard field for both Kicking and Receiving teams. This will allow 10yds between them.

12. All other rules will be in accordance with U.I.L. and N.C.A.A. guidelines.

U. SOPHOMORE DIVISION RULES:

1. No coaches are allowed on the field.

2. All punts are live (2016): with the exception of a team declaring a free kick within its own 20-yard line. Such a kick is to be declared to the referee and neither side may advance until the ball is kicked.

Penalty for Defense advancing prior to the Kick will result in a

15yd Un-sportsman's Penalty, Auto 1st down for the Offense.

3.Extra Points:

1. Run - 1 point
 2. Pass - 2 points if caught in the end zone - 1 point if caught and then run into the end zone
 3. Kick - 3 points, All extra point attempts are live contact.
4. **28-point Rule (2009): Any team leading by 28 points must remove 3 Players from their normal Offensive position as chosen by the Opposing Head Coach. The 3 Chosen players (QB/RB/SE/WR/TE) must be removed from the backfield and any Offensive position that they are capable of Catching, Handling or Advancing the ball until the margin is less than 28 points.** A team that goes ahead by 28-points may leave their normal Offense in to attempt the extra point (i.e., You are leading 23 - 0 and score a touchdown to make it 29 -0, the normal Offense may stay in to attempt the extra point. **From this point forward the revised Offense must catch, handle or advance the ball until the margin is less than 28 points.** In the event that a 28-point deficit exists at the start of the 4th Qtr, Automatically run the Clock. Additionally, the Loosing Head Coach can opt to run the clock early, he can do so in any Qtr of the game.
5. **The weight limit to advance the ball is 100 lbs.** No player weighing over the maximum weight limit may line up in the backfield to either block, kick, or accept the ball. A player over the weight limit may line up as tight end within Tight End weight limits and be eligible to catch a forward pass thrown past the line of scrimmage (screens, laterals, reverses etc... are not permitted). Players over the weight limit may not line up deep in kickoff or punt formations to accept the ball. Players weighing over the maximum weight limit to handle the ball, and playing in their legal positions, may advance the ball on a fumble, kickoff, punt, blocked punt, or interception that falls into their hands.

THE USE OF AN ILLEGAL OR INELIGIBLE PLAYER IN THE BACKFIELD WILL RESULT IN THE FOLLOWING PENALTIES:

- 1st Offense – 15yd Unsportsmanlike conduct.
 - 2nd Offense – 15yd Unsportsmanlike conduct & Head Coach Ejection.
 - 3rd Offense – Forfeit.
6. **Weight Limits & Weigh In – 100lbs R/B, S/E, W/R – 120 lbs. Tight End**
- Refer to page 2/3 Section C: for further details.

Each team must have a Representative present at each team's weigh in.

7. Defensive Down Lineman (2007): All defensive lineman must play in

either a three- or four-point stance on the defensive front from Tackle to Tackle. Linebackers/Defensive Backs must line up outside of the box... Box is defined as Tackle to Tackle and Line of Scrimmage to the back foot of the largest Down Lineman. Alignment beyond the Defined box is not affected by this rule. Linebackers may be in a standing position to blitz. Failure to comply will result in the following penalties:

1st Offense – 15-yd Unsportsmanlike conduct.

2nd Offense – 15-yd Unsportsmanlike conduct & Head Coach Ejection.

3rd Offense – Forfeit.

The purpose of this rule is to provide general safety for the defensive lineman, who are prone or vulnerable to having their legs cut from underneath them while standing in an upright position. This rule will apply to all Divisions.

8. Center (Deep Snapper) Protection (2012):

On Punt (must declare punt) and Extra Point attempt.

NO NOSEGUARD OR DEFENSIVE PLAYER MAY LINE UP DIRECTLY OVER CENTER.

Defensive players may line up in the center/guard gap. Linebackers may not blitz directly over center from a distance of less than three (3) yards. The purpose of this rule it provides general safety for the Center (Deep Snapper).

Failure to comply will result in the following penalties:

1st Offense – 15yd Unsportsmanlike conduct.

2nd Offense – 15yd Unsportsmanlike conduct & Head Coach Ejection.

3rd Offense – Forfeit.

8. All other rules will be in accordance with U.I.L. and N.C.A.A. guidelines.

V. JUNIOR / SENIOR DIVISION RULES:

1. No coaches are allowed on the field.

2. All punts are live.

3. Extra Points: Run - 1 point

Pass - 2 points if caught in the end zone; 1 point if caught and then run into the end zone

Kick - 3 points, All extra point attempts are live contact.

4. **28-point Rule (2009): Any team leading by 28 points must remove 3 Players from their normal Offensive position as chosen by the Opposing Head Coach. The 3 Chosen players (QB/RB/SE/WR/TE) must be removed from the backfield and any Offensive position that they are capable of Catching, Handling or Advancing the ball until the margin is less than 28 points.** A team that goes ahead by 28 points may leave their normal Offense in to attempt the extra point (i.e., You are leading 23 - 0 and score a touchdown to make it 29 -0, the normal Offense may stay in to attempt the extra point. **From this point forward the revised Offense must catch, handle or advance the ball until the margin is less than 28 points.** In the event that a 28-point deficit exists at the start of the 4th Qtr, Automatically run the Clock. Additionally, the Loosing Head Coach can opt to run the clock early, he can do so in any Qtr of the game.

5. **The weight limit to advance the ball is Juniors 125lbs and Senior 150lbs.** No player weighing over the maximum weight limit may line up in the backfield to either block, kick, or accept the ball. A player over the weight limit may line up as tight end within Tight End weight limits and be eligible to catch a forward pass thrown past the line of scrimmage (screens, laterals, reverses are not permitted). Players over the weight limit may not line up deep in kickoff or punt formations to accept the ball. Players weighing over the maximum weight limit to handle the ball, and playing in their legal positions, may advance the ball on a fumble, kickoff, punt, blocked punt, or interception that falls into their hands.

THE USE OF AN ILLEGAL OR INELIGIBLE PLAYER IN THE

BACKFIELD WILL RESULT IN THE FOLLOWING PENALTIES:

1st Offense – 15yd Unsportsmanlike conduct.

2nd Offense – 15yd Unsportsmanlike conduct & Head Coach Ejection.

3rd Offense – Forfeit.

6. Weight Limits & Weigh In

Juniors -125lbs R/B, S/E, W/R –Tight Ends 145lbs

Senior – 150lbs R/B, S/E, W/R – Tight Ends 170lbs.

Refer to page 2/3 Section C: for further details.

Each team must have a Representative present at each team's weigh in.

- 7. Defensive Down Lineman (2007):** All defensive lineman must play in either a three- or four-point stance on the defensive front from Tackle to Tackle. Linebackers/Defensive Backs must line up outside of the box.

Box is defined as Tackle to Tackle and Line of Scrimmage to the back foot of the largest Down Lineman. Alignment beyond the Defined box is not affected by this rule. Linebackers may be in a standing position to blitz. Failure to comply will result in the following penalties:

1st Offense – 15-yd Unsportsmanlike conduct.

2nd Offense – 15-yd Unsportsmanlike conduct & Head Coach Ejection.

3rd Offense – Forfeit.

The purpose of this rule is to provide general safety for the defensive lineman, who are prone or vulnerable to having their legs cut from underneath them while standing in an upright position. This rule will apply to all Divisions.

- 8. Center (Deep Snapper) Protection (2012):**

On Punt (must declare punt) and Extra Point attempt.

NO NOSEGUARD OR DEFENSIVE PLAYER MAY LINE UP DIRECTLY OVER CENTER.

Defensive players may line up in the center/guard gap. Linebackers may not blitz directly over center from a distance of less than three (3)

yards. The purpose of the rule is to provide general safety for the Center (Deep Snapper).

Failure to comply will result in the following penalties:

1st Offense – 15yd Unsportsmanlike conduct.

2nd Offense – 15yd Unsportsmanlike conduct & Head Coach Ejection.

3rd Offense – Forfeit.

- 9.** All other rules will be in accordance with U.I.L. and N.C.A.A. guidelines.

Draft Procedures

Total Draft Procedure 1

The is an “Open” Draft for all players that are age eligible in each Division and will be facilitated by the Division Commissioner. The Head Coach and first assistant (if declared) will have their own kid(s) graded as to where they may be selected in the draft, i.e. 1st, 2nd, 7th etc. The grading is conducted by a consensus vote of the Head coach of each team. If a consensus is not reached, the Division Commissioner will step in and make the final Determination.

The Draft will be held the day following the final tryouts. Dates will be determined, in advance, by the Board of Directors. The Head Coach, First Assistant or both must represent each team at the draft.

The Draft follows the “Snake” format. For example, 1 2 3 4 5 6, 6 5 4 3 2 1, 1 2 3 4 5 6, ETC.

RD1 RD2 RD3

Draft Position will be selected at Draft (Not Prior to Draft), each team will draw from a hat to determine their “Draft Position” for selecting players.

Once each team has drawn a draft position from a hat, it may opt to trade that position with another team. The trade of a draft position must be declared to the Division Commissioner and announced to the entire division, prior to the draft.

Each team shall have 60 seconds to make a selection. If the draft position falls at the end or beginning of the snake, that team shall make two selections and be given two minutes to complete the selection.

If there is an incomplete round and there are hat picks available, the hat picks will be used to complete the rounds until All Players have been selected.

Upon completion of the draft and hat picks, the teams shall have 30 minutes to trade any selection with another team. The trade must be declared to the Division Commissioner, prior to the end of the 30-minute period.

Multi-team trades are allowed. Upon completion of the 30-minute trading period, all draft selections and trades are final.

Regulate & Age Balance Teams in all Divisions is Mandatory (2003):

This is required for both Total Draft & Total Draft 2 systems. Age allocation by division will be determined each year by dividing the number of qualifying applicants of a particular age by the number of teams in a particular division. Example: 48 qualifying 10 yr. Olds within the Junior Division divided by 5 Junior Teams, equates to ten 10 yr. olds per team. Numbers will be rounded up, not down. The number includes returning players.

Total Draft Procedure 2

- Each Team will be able to protect up to 4 players per team.
- If drafting coaches cannot agree on protected player's draft value, league board will be final say on player's draft value.
- All protected players will be completed and turned into the LSYFA by June 15th.
- The remainder of the Draft will be Total Draft, all Teams will be age balanced.
- Draft order will be selected at draft (not prior to draft)
- All protected players must tryout.
- Any protected player that does not tryout will automatically be considered a 1st round pick.
- Any player that does not tryout, if unknown will be a "hat pick."
- Any known player that does not tryout will be evaluated and placed in the open Draft.
- No coaches' blocks will be allowed unless complaining parent goes before league's board & pleads case.
- Siblings must be drafted to the same team if in the same division and picked consecutively.
- Drafts will be conducted using snake draft method.
i.e.: 1st round: 1, 2, 3
 2nd round: 3, 2, 1
 3rd round: 1, 2, 3
 4th round: 3, 2, 1
- Each league is to have their own evaluation forms of each player registered. (not just coaches)
- Trades:
 - 1) Trades inside the division must be requested to the Board by both coaches and approved by the designated board member.
 - 2) Trades must be equal in age.
 - 3) All trades must be complete before coaches depart from the draft.No post-draft trades are allowed.

Team Sizes

Freshman: 12 – 16 players
Sophomore: 16 – 25 players
Junior: 16 – 25 players
Senior: 16 – 25 players

All leagues should attend each other's drafts to build relationships throughout the alliance. This will additionally help to defend the stronger/weaker team argument throughout the season when we govern each other's draft.

